

\$700B US BAILOUT GOES BACK TO HOUSE PG 7

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celebrity Pg 22

DiCaprio ready to start family



They wanted a new life

“... The social workers and the police, nobody did the right thing,” says fiancé

KRISTA SYLVESTER
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Mother and child just wanted to start a new life in Ottawa, according to the fiancé of Meara McIntosh, whose estranged husband killed himself and their three-year-old son

Colton last week.

Dmitri Moisseev, who lives in Ottawa and is currently in Drumheller with the McIntosh family, spoke exclusively with Metro Calgary about the couple's plans to live together in the nation's capital. “She had her business in Drumheller, but she was going to work from Ottawa and

go back when she needed to,” he said.

“I'm really upset because she just wanted to start a new life in Ottawa, but was caught in an evil custody battle with her ex-husband,” he said. “But it just kept getting delayed and delayed.”

Last Friday, 27-year-old McIntosh's ex-

husband Richard Saunders allegedly killed Colton and himself with carbon monoxide in Drumheller during his court-ordered visitation.

Moisseev said McIntosh had gone to the police numerous times about the threats and the stalking.

“I knew the stuff she went through. I was scared for her. But I never in my worst nightmares imagined he could do this to his son and kill himself.”

Moisseev added if it wasn't for the legal system, Meara and Colton would be safe and sound in Ottawa right now.

“She was planning to leave, trying to leave in September. The legal system, the social workers and the police, nobody did the right thing,” Moisseev said. “She is strong. There are many women who are in abusive relationships, but they can't always get away. But she fought back.”

Metro Homes pg 12



Kitchen reno is a good investment

Election 2008 pgs 5,6

- Nation leery of Harper unbound: Andrew Cohen
- Duelling debates
- Motion says Harper breaking his own fixed election date law

Style pg 17

Get cozy in a cape



Park Plus still being tweaked

PARKING School's out for Park Plus users, but those who put the system into use could have learned a thing or two themselves, according to one core commuter.

A year-long education campaign ended yesterday with tickets issued, though occasional Park Plus patron Ruth Connors thinks the city missed a few lessons of their own. “I don't think they seriously assessed the visibility of the system, never mind if you were deaf, you'd never be able to know what buttons you were pushing,” said Connors after spending nearly four minutes on Kensington Rd. trying to decipher what was on the direct-sunlight washed out screen.

Park Plus' Shelley Trigg said more than 1.5 million transactions were made over the year, about 30 per cent of which were by cellphone, the highest rate in North America and the system has been and will be tweaked further as concerns arise.

NEIL MACKINNON/METRO CALGARY

Students ‘in-tent’ to make housing point

A hammock hangs between two trees surrounded by 27 tents.

They're hoping it never comes to this, but facing a tight financial squeeze and full course load, the heart of the University of Calgary campus became a tent city

this week, highlighting a drastic need for more affordable housing.

“It was cold last night, I was shivering,” said second year engineering student Jeff Mankowski, 19. “It's almost impossible to find a reasonably priced place to

live in this city.”

Brett Mayo, 19, said a part-time job isn't an option, either, as six classes a week and hours of homework chew up most of his time.

University of Calgary student's union president Dalmy Baez said affordable

housing needs are more acute in the student population because of rising tuition and books costs, as well as transportation and food.

“Housing isn't an isolated expenditure,” she said.

NEIL MACKINNON/METRO CALGARY



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The number of single family homes in the \$200,000 to \$250,000 price range increased by 50 per cent from September 2007, according to Ed Jensen of the Calgary Real Estate Board. METRO CALGARY

Local



King Eddie resurrected

In the true spirit of rejuvenation, a graffiti light show and free street party will be held next Thursday at the corner of 4th St. and 9 Ave SE from 5:30 to 9 p.m. The Calgary Municipal Land Corporation and Cantos Music Foundation will host the laser light show and live music to celebrate the resurrection of the King Eddie and the East Village.

METRO CALGARY

UGLY BETTY

9 Tonight

Citytv

Council eyes pit permits

MOTION Feuding neighbours and health concerns may result in mandatory permits for Calgary's fire pits.

While the joint motion by aldermen Bob Hawkesworth and Joe Ceci, which will be set before city council Monday, is not intended to rattle the hot dog and marshmallow roasting crowds, it is designed to breed responsibility and mutual respect between neighbours.

"It's a big city and we need to get along, but as it stands right now, we're getting a lot of calls from people complaining about their neighbours' fire pits either because of health issues or the noise that surrounds them," said Ceci, who figures there are around 60,000 fire pits and chimneys in Calgary.

The proposed permits may come at no cost, said Hawkesworth, but habitual offenders could have their right to burn revoked.

NEIL MACKINNON/METRO CALGARY

250 charges in massive bust

KRISTA SYLVESTER
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City cops have levied over 250 criminal charges against 34 people after an 11-month investigation into a violent organized crime group in Calgary.

Insp. Shaun Gissing of the organized crime section said the investigation focused on 12 primary players with affiliations to Ottawa-based gangs.

"The pocket of violence with this group is strong and they have been involved in a number of violent acts in the city...including several fatal shootings," Gissing said.

Police executed 25 search warrants, resulting in the seizure of more than \$200,000 worth of drugs, \$40,000 in cash and 12 guns.

"We're certainly hopeful this will significantly reduce the number of violent acts in the city," Gissing added.

Police believe most of the violent acts have been committed between Ottawa rivals, not against Calgary



The Calgary Police put on display a cache of weapons seized after an 11-month investigation that netted \$200,000 of illicit drugs, \$40,000 in cash, 12 guns and 34 people now facing over 250 charges. Charges were also laid in four city shootings as a result of the investigation.

gangs.

"They are prolific street level dealers with facets in every level including at the ounce level, kilo level and street level."

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Suspects charged

- Three people charged with Oct. 5, 2007 shooting. Three charged in Feb. 29 shooting. One charged in another Feb. 29 shooting. One charged with May 3 shooting
- The primary suspects identified by police are Calgary residents between the ages of 18 and 29.
- Two of the suspects are currently in custody in Ottawa in connection with an unrelated shooting incident in that city.

Police lay charges in August, New Year's Day homicides

City police have laid charges in two separate homicides including the August death of a 24-year-old woman.

Just days after releasing a

photo of Sarah Nicole Rae, who was killed on Aug. 3, police arrested and charged her estranged boyfriend, 35-year-old Travis Martel.

Police also laid charges

against another man in connection with the murder of Mohamed Aman who was killed on New Year's Day on the front lawn of a southwest home.

Police in Ontario arrested Sebastian Darszusz Prokop, 33, on separate charges, and charged him with second-degree murder.

While Staff Sgt. of homi-

cide Kevin Forsen said the suspect is known to police, he won't comment on if the victim was familiar to police.

KRISTA SYLVESTER/METRO CALGARY

Police put man in custody, seize child

MILLRISE One man is in police custody and a child was seized by Family and Social services after an incident in Millrise yesterday around 1:30 a.m.

The man in police custody was allegedly partially clad and running around the neighbourhood brandishing a hockey stick and yelling that he was going to kill people and 'burn them out'.

Once officers arrived on scene they noticed a young child and had become concerned about the child's welfare. Police forced their way into the home, took the man into custody and delivered the child to social services.

The man is in hospital for assessment under the mental health act.

METRO CALGARY

metronews.ca

What's online today.

Watch as city art students donate their work to a Drop-In Centre fundraiser and check out a report on how the economic pinch is affecting charities and the arts community at www.metronews.ca/local
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Lotteries

Lotto 6/49 2, 8, 22, 29, 34 & 48. Bonus 47
These results are not official.



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Calgary students make the grade

Calgary students are among the top of the Alberta class, according to results from last year's provincial achievement test results released yesterday. Both the public and Catholic board numbers showed marked improvements in all grades tested. METRO NEWS SERVICES

Students take a tour with cops

POLICING SAIT marketing students got a hands-on lesson with the Calgary police yesterday – literally.

The students toured police stations as part of a school recruitment and marketing project, outreach officer Garry Vandeweghe said.

"Last year we reached out to athletes ... to let them know about policing opportunities, and now we're focusing on students between the ages of 18 and 30," he said.

Students got a first-hand look at how the canine unit trains their dogs, with a couple students getting up close and personal.

"This is a lot of fun. It's a good way to learn what happens so we can help pique our peers' interests in police work," marketing student Dave Cryderman said.

KRISTA SYLVESTER / METRO CALGARY



Amanda Latheop and Nicki McClung with Gero, a CPS K9 dog.

\$395,000

The median price of a Calgary area home – down 6.1 per cent from last September and 0.5 per cent from August.

News in brief

CRASH The 27-year-old pilot of an ultralight plane died on his solo flight when the plane crashed the Vegreville airport Tuesday. Corey Summach of Grande Cache, Alta., was found among the debris of the wreckage when rescuers arrived at the crash site. Summach had approximately 6 hours of training with an instructor prior to the flight. METRO CALGARY



Eleven-year-old Amber Kostesky took home a \$3,000 prize for a letter she wrote about why her mom Diane, left, was her hero.

Daughter's heroic tale

Essay on mom's struggle with cancer won prize

KRISTA SYLVESTER
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"My mom, my hero."

So simple, yet so inspirational, is the letter written by then 10-year-old Amber Kostesky, explaining why her mom, who suffered from breast cancer, was her biggest hero in life.

"My mom has had breast cancer since I was three, but she has always been there for me and helping others. She is my inspiration," said Kostesky, 11.

The letter Amber wrote about her mother won \$3,000 from Abraxis Bio-Science Canada in the national 2008 My Hero con-

test.

Amber entered the competition when her parents, Diane and Vince, encouraged her to tell her story.

"My mom spent many months in the hospital and I missed her so much. But she made sure to phone me every night with a special song and story so I could fall asleep," she wrote.

And in a way, Amber is also a hero to her mom.

"I am so very proud of her. She really keeps me going. Sometimes when I get down she won't let me. She says, 'Mom, you have to keep on going,'" Diane said.

Others have also begun

Favourite things

Amber Kostesky's three favourite things about her mom:

- She's brave
- She has inner strength
- She helps others and she prays

looking up to the young girl.

"I was at church and a little girl's mom came up to me and said I was a good role model for her daughter, because I played with her," Amber said.

Amber wants to the \$3,000 winnings to go towards her future veterinary career.

Championship rodeo launches at lunchtime

COWBOYS They were roping them in with free burgers at the launch yesterday, but this weekend's Canadian rodeo Tour Championship is where the real beef is.

"We just want people to get excited for the weekend. If they love, or even like the rodeo, this weekend is the best of the best," Stampede spokesperson Doug Fraser said.

Tie roping champion Cliff Williamson, who was on hand to promote the inaugural event, said he hopes it becomes one of the best in the world.



Stampede Queen and Princesses with Jason Greeley

"It's going to be a great event and hopefully there will be a lot of fan support too," he said.

KRISTA SYLVESTER / METRO CALGARY

Seniors nursing project at U of C gets \$1.1M boost

EDUCATION Nursing care for seniors got a boost Wednesday with the creation of the Brenda Strafford Centre for Excellence in Gerontological Nursing at the University of Calgary's Faculty of Nursing. The faculty received an \$1.1 million donation to establish the five-year

project. Instructors and students will have increased access to residents in Stafford facilities, allowing for more experiential learning.

"We're incredibly grateful for this gift," says Dianne Tapp, interim dean, Faculty of Nursing.

METRO CALGARY



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...and they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers. — ACTS 2:41, 42



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The Ontario commissioner who probed mistakes in 20 child-death investigations is concerned that wrongful convictions may have occurred in other cases and is urging the province to take a second look at myriad child deaths dating back 20 years. **TORSTAR NEWS SERVICE**

Canada



St. John's comes home

HMCS St. John's returned to Halifax yesterday after completing its involvement in Operation Horatio, a relief effort in Haiti which delivered more than 450 metric tonnes of rice, corn-soya meal, bottled water, water purification tablets and other relief supplies over a 13-day period. The ship's Sea King helicopter delivered more than 300 cargo loads.

METRO CANADA

News in brief

HALIFAX Nova Scotia's auditor general says the RCMP should investigate irregularities uncovered in an audit of the province's controversial immigration mentorship program.

OTTAWA Police yesterday said they are seeking suspects after a trio of sexual assaults, including one Monday in which a man tried to abduct a woman.

LABRADOR The economic crisis

could lead to a six-month delay for the Lower Churchill power project, CBC News Online reports.

SASKATCHEWAN A judge has ordered that the trial of Curtis Dagenais, accused of killing two RCMP officers in 2006, will be heard in Saskatoon instead of North Battleford as had originally been planned, CBC News Online reports.

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VANOC suit grows

Canadian joins Olympic female ski-jumping challenge

KRISTEN THOMPSON
Metro Canada



The list of female ski jumpers suing VANOC for barring them from competing in the 2010 Games became a little longer yesterday when the first active Canadian jumper added her name to the suit.

Zoya Lynch, 17, and nine jumpers from the United States, Europe and one retired Canadian, allege VANOC is violating Canada's Charter of Rights by not letting their sport, for which there is a men's component, into the Olympics.

VANOC has maintained that the suit is aimed at the



RAFET ERNOTT/METRO CANADA

Ski jumper Zoya Lynch, 17, with her lawyer Ross Clark outside the B.C. Court of Appeals in Vancouver yesterday.

wrong target and that it's up to the International Olympic Committee to make this decision.

Lynch, who has been jumping since she was eight, said she's lost faith in

VANOC and the Canadian government.

"It's hard to focus on school and being an elite athlete as well as trying to get my sport into the Olympics," she said.

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Big and small

The largest electoral district in Canada is Nunavut with 2,093,190 square kilometres. The smallest electoral district is Papineau with nine square kilometres. **METRO NEWS SERVICES**



Angst at the ballot box

Poll shows Canadians leery of handing Conservatives a majority

On the Hustings

Andrew Cohen

Election insight and analysis

Among the blizzard of polls appearing every day of this campaign, the most intriguing may be this one: 52 per cent of Canadians worry about giving the Conservatives a majority.

They appear to be concerned about handing the government carte blanche, four or five years of unfettered, unchecked government.

In other words, the Conservatives unbound. Stephen Harper unplugged. Any leader's fantasy.

If this kind of anxiety ex-

ists in Canada, it's because 52 per cent of Canadians think the Conservatives would surprise or anger them with what they would do with a majority. That might mean cutting funding to the CBC or revisiting the legalization of abortion or the ban on capital punishment, which social conservatives dislike.

But if the second part of this poll is correct, this concern doesn't mean much. Asked whether they would change their vote to stop a Conservative majority, 81 per cent said no.

Apparently, then, the prospect of a Conservative majority doesn't disturb Canadians as much as it did in 2006, when the Conservatives were held to a minority, or in 2004, when they lost. Both times the Liberals argued that the Conservatives had "a secret agenda" and couldn't be



trusted with a majority. Their "fear-mongering" seemed to have worked.

Now, if it is true that half of Canadians "worry" about a majority but four-fifths would do nothing to prevent it — such as strategic voting — the dynamic of this campaign may have decisively shifted.

This may explain why the

If Harper is wary of using the "M-word" too much, he is unafraid to ask for a stronger "mandate" to free his government from the scrutiny of those left-of-centre parties in Parliament.

He has reason to be confident. While no polls show him winning more than 40 per cent of the vote, the level usually necessary for a majority in Parliament, he remains at least 10 points ahead of the Liberals.

Fundamentally, Canadians may not like Stephen Harper, and they may not trust him with a majority, which is why he can't crack 40 per cent. But in dutifully distributing their votes among a fractured four-party opposition, they may give him his wish anyway.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.

16 Registered political parties: 16

- Animal Al-

- liance Environment Voters
- Party of Canada
- Bloc Québécois
- Canadian Action Party
- Christian Heritage Party of Canada
- Communist Party of Canada
- Conservative Party of Canada
- First Peoples National Party of Canada
- Green party of Canada
- Liberal Party of Canada
- Libertarian Party of Canada
- Marijuana Party
- Marxist-Leninist Party of Canada
- neorhino.ca
- New Democratic Party
- Progressive Canadian Party
- Western Block Party

Eligible political parties: 3

- Newfoundland and Labrador First Party
- People's Political Power Party of Canada
- Work Less Party

METRO NEWS SERVICES

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Election 2008



Rivals pile on PM

Prime Minister Stephen Harper's rivals ganged up on him last night, using the French debate to accuse him of favouring the same economic policies as U.S. President George W. Bush.

Opposition leaders — who regularly accuse Harper of harbouring an extremist agenda and of taking his orders from Bush — blamed the prime minister for Canada's sluggish economic growth and said he should do more to help people who had lost their jobs.

"Mr. Harper is a fan of the laissez-faire approach to the economy, like Mr. Bush, and we can see the disaster unfolding now in the United States," said Bloc Québécois Leader Gilles Duceppe.

Harper says the Canadian economy is doing well considering the problems in the United States.

"The value of Canadian workers' pensions has dropped by \$90 billion in two days — it's unbelievable. And you say that everything is going well," said NDP Leader Jack Layton.

"The policies that you are suggesting today are the same ones used by George Bush ... Where is the action

CHRIS WATTIE/REUTERS



Conservative Leader Stephen Harper makes a point during the French leaders' debate last night in Ottawa.

Quebecers set up anti-Harper website. Watch at metronews.ca/canada

plan to protect people?"

Harper said the Canadian economy was still producing a surplus and creating new jobs despite the U.S. crisis.

"We are worried about what's going on in the Unit-

ed States ... we're in a period of slow growth," he said.

But he added: "In the United States they're losing jobs, they're losing houses, they're losing banks. It's totally different in Canada."

The leaders will meet tonight for the English-language debate at 7.

REUTERS

Legal Group claims election is illegal

MOTION The current federal election is illegal because Prime Minister Stephen Harper broke his own fixed election date, a group advocating government accountability will argue in federal court this morning.

Democracy Watch is filing a motion before a federal judge in Ottawa asking the court to hear its arguments that the election is illegal because the prime minister asked the Governor General to dissolve Parliament and call an election before October 2009, the date the election should have been held as set down in the Canada Elections Act.

Peter Rosenthal, a lawyer for Democracy Watch, will be submitting comments from key figures in the Conservative government that the intention of the fixed election date law is to prevent the prime minister from asking the Governor General to dissolve Parliament unless it loses a non-confidence vote.

TORSTAR NEWS SERVICE

Tony Clement hopes to improve over his 2006 28-vote victory. Watch at metronews.ca/canada



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U.S. mail carriers to bring drugs in anthrax attack

Government mail carriers would deliver emergency supplies of antibiotics to people in U.S. cities in the case of an anthrax attack, U.S. Department of Health and Human Services officials said yesterday. **REUTERS**

World



Adventurer's ID discovered

Hikers in a remote area of California have found clothing and aviation identification cards belonging to millionaire adventurer Steve Fossett, presumed dead after his plane went missing a year ago, police said yesterday. Fossett's family was monitoring developments as authorities in the area where the items were found rushed to set up a command post to search for wreckage of his plane. **Reuters**

Bailout clears Senate hurdle

\$700 billion Wall Street aid package now heads back to U.S. House

A \$700 billion US financial industry bailout was approved by the Senate last night and headed back to the U.S. House where leaders, stung by a 'no vote' that rocked markets Monday, were cautiously optimistic it would pass in coming days.

"We are working very hard to see if we can pass a plan that will stabilize our economy," House Majority Leader Steny Hoyer said before the Senate overwhelmingly passed the bill.

The Maryland Democrat said he expected the House to take up the bill tomorrow and that he thought some of the changes made in the Senate would help attract more Republicans.

"We need a 100 Republican votes to pass this. We didn't get them on Monday, hopefully the Republican leadership will be able to get their members to support it this time around," Hoyer said.

The Senate voted 74-25 for the legislation after

Bush piling on pressure

- President George W. Bush, while expressing confidence in the bill's fate this time around, pressed his case, warning law-

makers the measure was needed "so as to stabilize this (economic) situation, so that it doesn't get worse."

adding a \$150 billion package of tax breaks for businesses and alternative energy development. The package also includes alternative minimum tax relief for some 24 million mostly middle class taxpayers.

Following the vote, Dem-

ocratic Senate Majority Leader Harry Reid told reporters he expected the House to approve the bill.

Senate leaders hope that sweetening the bailout plan with tax breaks and a provision to increase bank deposit insurance to \$250,000

from \$100,000 would help win more Republican support in the House, which rejected the bailout in a 228-205 defeat on Monday.

But the Senate move ruffled some House Democrats who had voted for the bailout plan. The House had passed its own version of the package that extends a number of expired and expiring tax breaks and unlike the Senate included more revenue raising measures to cover the cost to the Treasury. **Reuters**

High court won't revisit child rape law

RULING The U.S. Supreme Court rejected yesterday a request by Louisiana and the Bush administration to revisit its recent ruling that outlawed the death penalty for those convicted of raping a child.

The state and the Justice Department had asked the nation's high court to take the rare step of reconsidering its decision because they neglected to tell the court that Congress in 2006 had made child rape a capital offense under U.S. military law.

By a 7-2 vote, the court refused to revisit its decision issued at the end of June. Republican presidential candidate Sen. John McCain, his Democratic rival Sen. Barack Obama and other politicians all said they disagreed with the ruling. **Reuters**

Birthday Gandhi fondly remembered



PAWAN KUMAR/REUTERS

Children dressed as famed Indian spiritual and political leader Mahatma Gandhi pose on the eve of his 139th birth anniversary yesterday in the northern city of Lucknow. Gandhi's birthday is a national holiday in India and is recognized by the UN as the International Day of Non-Violence.

France denies planning huge EU rescue package

ECONOMICS French Economy Minister Christine Lagarde denied yesterday that France was planning to propose a 300 billion euro (\$424.4 billion US) EU

bank rescue package.

Earlier yesterday, a European Union government source said that France was planning to suggest an EU rescue package for banks

worth 300 billion euros.

Asked about the report, Lagarde said: "There is no such thing. There is nothing of the sort."

Reuters

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News in brief

MONEY Russian Prime Minister Vladimir Putin said yesterday the government would allot 80 billion roubles (\$3.13 billion US) next year to buy new weapons and partly offset Moscow's losses during a brief war in Georgia. The figure gives a clue as to how much the August conflict may have cost. **REUTERS**

Study pushes origin of AIDS back by decades

HEALTH The deadly AIDS virus first began spreading among humans at the turn of the 20th century in sub-Saharan Africa, just as modern cities were emerging in the region, U.S. researchers said yesterday.

The finding pushes back

the origin of the human immunodeficiency virus (HIV) by several decades, they reported in the journal *Nature*.

Researchers think the growth of cities — and high-risk behaviour associated with urban life — may

Spreading out

- Research suggests the virus first spread from chimps to humans in Cameroon.

have helped the virus to flourish. There is no cure

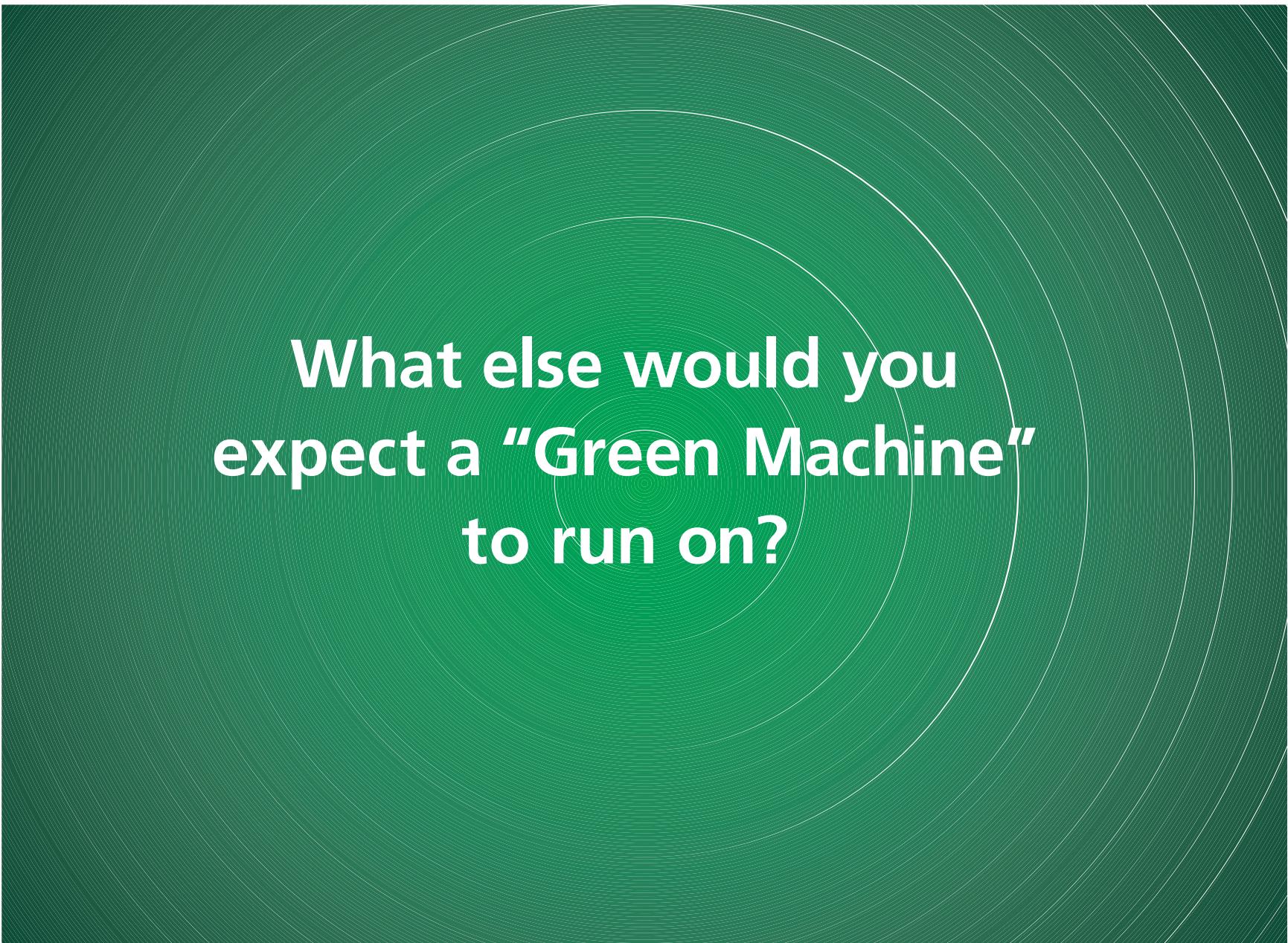
for AIDS, which is most commonly transmitted through sexual contact.

Prior estimates put the origin of HIV at 1930. But Michael Worobey of the University of Arizona in Tucson now believes HIV began infecting humans

between 1884 and 1924.

The research is based on 48-year-old gene fragments dug from a wax-embedded lymph node from a woman in Kinshasa in the Democratic Republic of Congo, formerly Zaire.

REUTERS



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Canada Trust

Banking can be this comfortable

GE to raise \$15 billion US with a little help from billionaire Buffett

General Electric Co. plans to raise \$15 billion US through stock sales — including a \$3-billion US preferred stake for Warren Buffett that follows his Goldman Sachs investment last week — to improve liquidity and increase acquisition options. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Canadian auto industry sputtering

Canada's sputtering auto industry faces more serious trouble like layoffs and plant closures as sales in its key U.S. market continue plunging.

Canada exports more than 80 per cent of its vehicle production and 60 per cent of parts output to the U.S., where sales declines are worsening each month.

In September, U.S. auto sales crashed 27 per cent, or more than 350,000 vehicles.

Sales at Ford, Chrysler, Toyota, Honda and General Motors tumbled 15 to 34 per cent in September.

Furthermore, credit restrictions are an obstacle for consumers buying vehicles, noted one industry analyst.

TORSTAR NEWS SERVICE

Financial crisis Russian crunch



SERGEI KARPUKHN/REUTERS

Alexei Ulyukayev, first deputy head of the Russian central bank, attends a business conference in Moscow yesterday. The global financial crisis will last another 15 months and external debt financing will be difficult, "if not impossible," he said.

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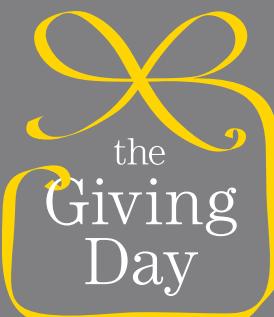
Business in brief

BLOCKADE First Nations blockades in Saskatchewan have halted construction on an Enbridge Inc. pipeline project. The groups are seeking greater access to goods and services contracts for the build. **REUTERS**

WATER Leading Canadian supplier of bottled water Canadian Springs says it will voluntarily introduce a half-litre plastic bottle refundable for 25 cents, and hopes rivals will follow suit. **TORSTAR NEWS SERVICE**

WIRELESS Globalive Communications Corp.'s CEO said the financial crisis is not hurting his company's bid to become a national wireless player, since his backing comes from Egypt's Orascom. **TORSTAR NEWS SERVICE**

HOLLYWOOD Five Hollywood studios have reached an estimated \$1-billion US financing deal with Canadian and U.S. theatre exhibitors to upgrade 20,000 cinema screens to a digital format. **REUTERS**



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Cole Hamels hurled eight shutout innings as Philadelphia downed Milwaukee, 3-1. Meanwhile, James Loney clubbed a two-out grand slam in the fifth inning as the Los Angeles Dodgers beat the Chicago Cubs, 7-2, in the opening games of their National League Division Series. METRO NEWS SERVICES

Sports

SPORTS@METRONEWS.CA



Henry held on drug charges

Former NFL running back Travis Henry has been arrested on federal cocaine charges. Henry, along with James Mack, was arrested yesterday after a multi-kilogram cocaine transaction that occurred in Centennial, Colorado. Both subjects are being held pending the filing of federal drug charges in U.S. District Court in Denver.

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DAN TOTH
for Metro Calgary

CFL Ken-Yon Rambo says he's OK with fans throwing verbal barbs his way but pleads for over-lubricated customers to keep their beer cans in their hands. That's how the Calgary Stampeders top receiver views the potential sideshow Friday night during their game against the Saskatchewan Roughriders in Regina, home of the CFL's rowdiest fans. A handful of drunken louts last

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Ovechkin to slump: Cherry

York Report

Marty York



marty.york@metronews.ca

He was the NHL's top scorer and MVP last season, but don't expect Alexander Ovechkin to be as electrifying, efficient or effective this season.

That, at least, is the advice of CBC's Don Cherry, who offered his prediction for the Washington Capitals' superstar yesterday while he and other television analysts previewed the coming NHL season in a conference call with media types.

"I'd be surprised if (Ovechkin) does as well as

he did last year," Cherry said. "He was doing things he shouldn't do. He was cutting into the middle and ... he was getting away with it. He won't get away with it this year. (Opponents) will be waiting for him this year."

"I'm not knocking him ... But I was asked if he's going to have a better year and I'm just saying he won't have as good a year."

Ovechkin wasn't Cherry's only target yesterday. He ripped the Vancouver Canucks, too.

"I hate to say it because I think (Vancouver's) Roberto Luongo is the best goalie in the world, but I don't think the Canucks have added any firepower," Cherry said. "They're going to be in a dogfight to make the playoffs."

And Cherry also questioned the Canucks' deci-

sion to establish Luongo as their captain.

"If he's a leader, he'll be a leader, but he doesn't have to be the captain," Cherry said. "It shouldn't be a goalie. It's silly as far as I'm concerned."

Mike Milbury of CBC and NBC quickly agreed with Cherry about Luongo's appointment. Milbury also suggested the Pittsburgh Penguins, Stanley Cup finalists last season, will be heading downhill this season.

"Pittsburgh lost a lot of glue on their roster," he said. "I think they're going to struggle ... The Penguins have some hills to climb ... I'm also not as sold on (goalie Marc-Andre) Fleury as they seem to be."

Milbury's strangest comments, however, came after a writer asked the analysts to speak about their moth-

ers' influences in their hockey careers in connection with all the hockey-mom talk these days in the United States, where vice-presidential candidate Sarah Palin publicly described herself as "a hockey mom."

Analyst Ed Olczyk went down memory lane about how his mother would tie his skates and provide him with endless support, but Milbury wasn't sappy at all, saying:

"Don't get me wrong. I loved my mom dearly. She's not with us any more. But all I ever heard from her was 'You have to hustle more' ... All I got from her, besides genetics, was aggravation."

Bizarre.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Throw taunts, not beer cans, Rambo says

DAN TOTH
for Metro Calgary



CFL Ken-Yon Rambo says he's OK with fans throwing verbal barbs his way but pleads for over-lubricated customers to keep their beer cans in their hands.

That's how the Calgary Stampeders top receiver views the potential sideshow Friday night during their game against the Saskatchewan Roughriders in Regina, home of the CFL's rowdiest fans. A handful of drunken louts last

week at Taylor Field sparked an ugly incident by tossing beer cans at the visiting B.C. Lions, an incident Rambo said clearly crosses the line.

"Throwing the cans and stuff like that, you take that kind of personal," said Rambo, an Ohio State product who had frozen bottles thrown his way during his college days playing on the road at West Virginia.

"We look forward to them talking crazy to us,

but the cans, that's not right. The crowds say all kinds of different trash, but we've heard those things before.

"You hear all kinds of crazy stuff. They've paid their money to watch the game, they can yell all they want, just don't throw anything."

The 9-4 Stampeders have supplanted the 8-5 Roughriders for first place in the West Division while the teams have also become bitter rivals in recent years,



Rambo

heightening the emotions for this contest. Friday night's game will be crucial in determining the bye to the West final and the Stamps expect Saskatchewan fans — the self-proclaimed 13th man — to raise their games for the occasion.

Preparing for the deafening decibels prompted the Stampeders coaching staff to pump canned crowd noise through the McMahon Stadium sound system this week, simulating the effects of a leather-lunged mob.

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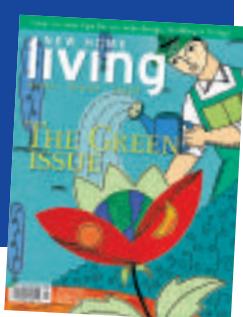
AMERICAN LEAGUE
DIVISIONAL SERIES PLAYOFFS
L.A. Angels vs. Boston
YESTERDAY'S GAME
Boston at L.A. Angels
Tampa Bay vs. Chicago
TODAY'S GAME
Chicago at Tampa Bay, 12:37
NATIONAL LEAGUE
DIVISIONAL SERIES PLAYOFFS
Chicago Cubs vs. L.A. Dodgers
YESTERDAY'S RESULT
L.A. Dodgers 7 Chicago Cubs 2
TONIGHT'S GAME
L.A. Dodgers at Chicago Cubs, 7:37
(L.A. Dodgers lead series 1-0)
Philadelphia vs. Milwaukee
YESTERDAY'S RESULT
Philadelphia 3 Milwaukee 1
TODAY'S GAME
Milwaukee at Philadelphia, 4:07
(Philadelphia leads series 1-0)

CFL

WEEK 15
FRIDAY'S GAMES
B.C. at Toronto, 5
CALGARY at Saskatchewan, 8
SATURDAY'S GAMES
Montreal at Hamilton, 2
Winnipeg at Edmonton, 5

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A tankless existence

Interest in on-demand water heaters on the rise

SONYA PROCENKO
for Source Media Group

Have you heard of on-demand tankless water heaters? With tankless water heaters, water is heated "on demand" by a gas burner or electric element on its way to the tap.

Tankless water heaters have already been popular for years in Europe and Japan. North American homeowners are now catching on. Tankless water heaters, they're learning, can make sense for the environment and your budget.

The straight facts

Renee Loux — author and host of Fine Living TV show It's Easy Being Green, a celebrated organic chef, and owner of Maui's Raw Experience — calls the water heater "one of the biggest energy hogs at home."

She admits some on-demand water heaters cost more initially than conventional storage models, but they have lower operating costs in the long term.

Loux compares high-effi-



cency storage tanks to on-demand (tankless).

Energy Factor (EF) and peak hot water demand

The editors of Green Guide Magazine — also authors of Green Guide: The Complete Reference to Consuming Wisely — give on-demand tankless heaters, especially gas ones, another green thumbs up. "Gas tankless systems usually cost less than electric to operate; they also tend to have

higher flow rates than electric," say the editors.

They advise consumers to choose the most efficient tankless water heater models by inquiring about their Energy Factor (EF). "This number expresses how efficiently the heat from the energy source is transferred to the water," they explain. "The higher the number, the more efficient the heater."

Choose multiple-tank systems for a larger household, the experts advise, so

you can run hot water through for a dishwasher, a washing machine and a kitchen faucet.

Also, it's up to consumers to figure out the peak hot water demand — the highest amount of hot water demand and the time of day — so they can select the best water heater technology.

Why turf the tank?

Are there other advantages to tankless water heaters besides saving money? Yes. HotWaterSource points out the tankless water heater:

- Is very small and can hang on the wall, thereby saving you valuable floor space.
- Is designed with replaceable parts and is built with materials such as copper, stainless steel, and aluminum so as to last a lifetime.

• Will not develop a corrosive leak like a storage tank water heater, saving you from expensive water damage in your home.

(Note: A tankless water heater can leak if it is exposed to freezing temperatures or has a manufacturing defect.)

• Maintains its efficiency throughout the lifetime of the unit. Storage tank water heaters decrease in efficiency over time due to mineral build-up inside the tank.

Source: HotWaterSource, hotwatersource.com.

EDITED FOR LENGTH BY
METRO CALGARY

Save your energy for being glamorous

K — so as much as we like to make noise, and as much as it may appear we're over the top in everything we tackle, would it surprise you to learn we're actually very nice boys at heart? Hmm? Hey, we always say please and thank you, and we always wash our hands before sitting down to dinner.

Our manners, however, also stretch to matters of environmental etiquette. We consider products of an organic nature to be appealing and we attempt to be gentle with our carbon footprint. We're not ecological saints — and we won't imply that everything we do is globally perfect — but we do have a conscience. And darlings, we're all about sustainability...

With this in mind (and if you'll allow us to be a little "grown up" for the time being) we'd like to focus on a few simple ways of saving the planet and spending a little less cash into the bargain:

- Opt for energy efficient light bulbs, but read the package. Choose those with lower mercury content and select only those produced by manufacturers who have a recycling conscience. These bulbs have a longer life, are potentially kinder on the environment and can save up to \$30 per fixture, per
- Position "brush strips" or foam tape around windows and doors to minimize heat departure. There's little point, after all, in warming up the street!
- Pull your blinds down and close your curtains as the mercury descends. Yup, every little bit helps.
- Seek out lower temperature washing machine detergents and save up to 40 per cent per wash by selecting a 30-degree cycle.

Interior Divine



annum.

• Don't keep appliances on standby — there's a small extra cost to doing this and, potentially, an increased risk of fire.

• Twist the knob! Turning down your thermostat by as little as one degree can help towards fuel bill savings of up to 10 per cent.

• Installing cavity wall insulation could cut 10 to 15 per cent from your heating bills. OK, so there's the cost of materials and your invested time, but just watch those savings rack up.

• Position "brush strips" or foam tape around windows and doors to minimize heat departure. There's little point, after all, in warming up the street!

• Pull your blinds down and close your curtains as the mercury descends. Yup, every little bit helps.

• Seek out lower temperature washing machine detergents and save up to 40 per cent per wash by selecting a 30-degree cycle.

Colin McAllister and Justin Ryan are the hosts of HGTV's Colin & Justin's Home Heist and authors of Colin & Justin's Home Heist Style Guide.

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Renovation a good investment

BRIAN TOWIE
Metro Canada



Houses in tip-top condition often attract top dollar from buyers, and if you're trying to sell a home that may not be in the greatest of shape, it may behoove you to invest in a fix-up before you put it on the market.

You do need to ask yourself a couple of questions before you begin, however. How can you maximize your spruce-up on a limited budget?

Is it worth fixing up a home given the return you might receive?

Christine Martysiewicz, spokesperson for Re/Max Ontario and Atlantic Canada Inc., says you can beef up your sale by renovating your home and that it can indeed prove useful given the nature of the housing market. A fix-up can give you the edge.

"It's absolutely worth it," she said.

"In today's competitive marketplace, a renovation is money well-invested. There are more properties for sale and a well-maintained house leaves a good impression with the buyer."

Real estate agent Mark Albert says a fix-up begins



If you want to fix up your home before selling it, the kitchen is the first place to start, experts say.

in the kitchen and then the bathroom for good measure, typically the two areas in the house shoppers consider most important.

"They're the rooms in the house that people look at the most and they tend to generate the most interest," he said. "If the house itself looks good, but the kitchen is lacking, it would be a wise idea to fix that."

Kenneth Ho of Biglar-Kinyan Design agrees that the kitchen is the first spot

"The kitchen ... is the busiest room in the house as we prepare and eat at least two meals there each and every day. That's why it's the first room that potential buyers look at when they walk into a property listed for sale."

Kenneth Ho

on which to focus. He writes on renovation advice website handycanadian.com: "The kitchen ... is the busiest room in the house as we prepare and

eat at least two meals there each and every day. That's why it's the first room that potential buyers look at when they walk into a property listed for sale."

Martysiewicz advises considering an upgrade to hardwood flooring and new energy-efficient windows among your touch ups, both popular and energy-efficient selling points for the buyer.

"It's important to look at it from the buyers' side. They're looking at energy costs and what they will have to fix when they get into the home," she said. "It's important to keep it updated."

But gauge whether you

would benefit from a renovation, advises Albert.

A fix-up for the sake of a sale can often be expensive.

He notes that even the most basic one can rarely be done for less than \$10,000, and Martysiewicz, citing a recent survey Re/Max published, adds an average-income homeowner will spend as much as \$21,000 on a fix-up.

Albert says it may be wasteful in the sense that buyers may have their own plans for what they want to do with the room you just changed. It depends on the condition of the rest of the home.

"Is the house generally in good form? Does it look nice, comfortable and pretty? If so, your investment would be worth it," he said.

"Buyers are savvy and they can spot a tired-looking house."

You wouldn't benefit from your investment in that case."

It need not be expensive. Martysiewicz says a touch-up is possible in even the most basic and cost-effective way.

"You can change your appliances, de-clutter, put on a fresh coat of paint or even replace your handles and doorknobs," she said.

Do your homework if you're planning to flip property: Experts

ERIC EMIN WOOD
for Metro Canada



It's no secret that many homeowners view their dwellings as profitable short-term investments, giving rise to the practice of "flipping" — making a quick turnaround on property by adding improvements and selling within months after moving in.

For homebuyers wishing to become flippers, "it's really important to do your

homework," says Cindy Newton, a sales representative with Coldwell Banker Terrequality Realty (terrequality.ca). "You can't buy just any house, make some improvements and expect to make a profit," she says.

First and foremost, flippers should find an agent who knows their neighbourhood. "They can tell you what buyers are looking for and [are] willing to pay a premium for," Newton says. "Is it a neighbourhood for young families? Or

are most of the buyers single professionals? Their needs and desires will be quite different."

Flippers must also decide on the level of improvements they're planning to make. "Set a budget and know that you're going to probably go over that budget," Newton says.

Prospective flippers also need at least a 25 to 35 per cent down payment on their new property, says John Sinnott, manager of residential mortgages with

TD Canada Trust.

Sinnott recommends choosing an open mortgage, which allows buyers to quickly pay it back without incurring administration costs.

"If you have a closed mortgage of any sort, when you pay it off you'll be charged a penalty, so that's something you have to avoid," says Sinnott.

Both Newton and Sinnott stress there is no fixed high-low range when it comes to the potential benefits of

flipping properties and no standard profit depending on the price of the home.

"Let's say you're buying a condo for \$250,000," says Newton. "Make sure you know what prices the renovated units are selling for and what level of finishes the competition is offering."

Prospective flippers wishing to estimate their potential profit must take several costs into consideration: The cost of purchasing the home; renovations, including a 10 to 20 per cent con-

tingency; mortgage payments; property taxes and land transfer tax, which may include both provincial and municipal land transfer tax and, if the house is not the flipper's primary residence, capital gains tax; utilities; home inspection fees; permit fees, legal closing costs and realtor fees.

You then subtract all of this from your estimated selling price — "which by the way is not guaranteed," says Newton — and there's your potential profit.



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Tackling the scourge of indoor pollutants

This winter, your indoor air quality could really stink. In fact, it may be several times worse than outdoor pollution on a bad day.

Please don't be offended — it's not just you. Indoor air in the average Canadian house is often poor in the winter for the simple reason that we like to seal up our homes at this time of year.

While this conserves energy, which is good, it can also leave us in a warm stew of indoor haze. And we tend to spend a lot more time indoors in the winter, so exposure to these indoor pollutants is higher.

And believe me, we all have indoor pollution to some degree. It includes things like floating dust and the various ingredients of dust: tiny airborne spores from mould and mildew; carbon monoxide, nitrogen dioxide and various other byproducts of combustion from furnaces and gas stoves; tiny particles of soot from cooking; and off-gassing of form-

aldehyde and volatile organic compounds (VOCs) from some types of plywood and particleboard found in cabinetry as well as from paints, glues, solvents and some wall-to-wall carpeting.

While dust, dead human skin cells, spores, byproducts of cooking and various other types of the airborne detritus that surrounds us are a fact of life, stagnant or dirty indoor air can lead to health problems.

The severity of the reaction depends on the sensitivity of the person, but for most people, excessively dusty or dirty air can cause or aggravate coughing, wheezing and shortness of breath.

It can even worsen or trigger allergic reactions. And improperly ventilated air can bring on headaches, dizziness, fatigue, and eye, nose and throat irritation.

But there's no need to despair. While effective filtering and ventilation is one part of the solution, the best way to reduce dirty indoor air is to con-

HomeScape

Sylvia Putz

trol it at the source.

Excess moisture is one source of indoor air pollution. Mould and mildew grow in damp places, where they produce tiny airborne spores that are easily inhaled. Discoloured floors, walls, window panes, curtains, carpets or a persistent musty odour are sure signs of dampness.

Visible mould can be washed away with soap and water, increased ventilation can help dry out damp areas and air cleaners can help get rid of tiny spores in the air. But if structural problems are leading to mould and mildew in the first place, you may have to rectify those issues.

For example, if you've got a leaky roof, a musty-smelling basement, window condensation or water



MARTIN BARRAUD

If you've suffered from water damage or persistent dampness, you may find that you have mould or mildew growing in walls or above ceiling tiles.

pooling around window sills, or inadequate or non-existent bathroom, laundry and kitchen fans to vent moisture, you may

need to fix the problem.

And remember that not all mould is obvious. If you've suffered from water damage or persistent

"The best way to reduce dirty indoor air is control it at the source."

dampness, you may find you have mould or mildew growing in walls or above ceiling tiles.

Dust is another culprit, not so much because your mother-in-law will disapprovingly run her finger across your dusty china cabinet, but because household dust can contain nasty airborne stuff, such as dust mites and their wastes.

The remedy is tedious but necessary — regular vacuuming of floors and upholstery and dusting of surfaces.

Since mites adore dead human skin cells, washing bed linens and mattress and pillow covers every week is a good plan. Look for other sources of indoor air pollution in next week's column.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.

Advertising Feature

HOW TO SELL A HOUSE THAT DIDN'T SELL!

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Calgary, AB If your home has just come off the market and hasn't sold, don't be discouraged. The reason your home did not sell may have nothing to do with your home or the market. In reality, your home may have been one of the more desirable properties for sale.

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eowner needed to be educated on to sell their home for top dollar in the shortest time period.

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Industry experts have prepared a free special report called "How to Sell a House that Didn't Sell" which educates you on the issues involved.

To get your FREE copy today visit www.ItFinallySold.com or call 403.875.1122



Miami, above, has a glut of unsold condos on the market.

Troubled U.S. market means high-end bargains galore

There's a heap of inventory and unbelievable bargains in Florida, especially at the high end, according to one industry expert.

The Ocean Marine Club, a high-end project near Hollywood/Miami, have marked down one bedroom condos from \$400,000 to \$250,000, says Becky Manuel, vice-president of AMG, a media group specializing in real estate development based in Miami, Fla.

Florida real estate started to soften at the end of 2006

and since then, prices have dropped 25 per cent on the average, she says.

"There's a lot of new product that was bought, mainly from plans. This has resulted in an oversaturated condo market in Florida.

"People are leaving their money at the table rather than continuing with mortgage payments. There is a lot of defaulting rather than throwing good money after bad," she says.

She adds bankruptcies have caused banks to turn

into landlords and they want to unload properties as fast as possible. This has contributed to the average price of property falling from \$2,000 per square foot to about \$750. AMG has noted a trend to "overshoot" Florida.

Their clients are looking to new developments in the Dominican Republic, Mexico, Panama and Costa Rica where there is cheap real estate, low or no taxes and easy financial terms.

TORSTAR NEWS SERVICE

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\$1,299

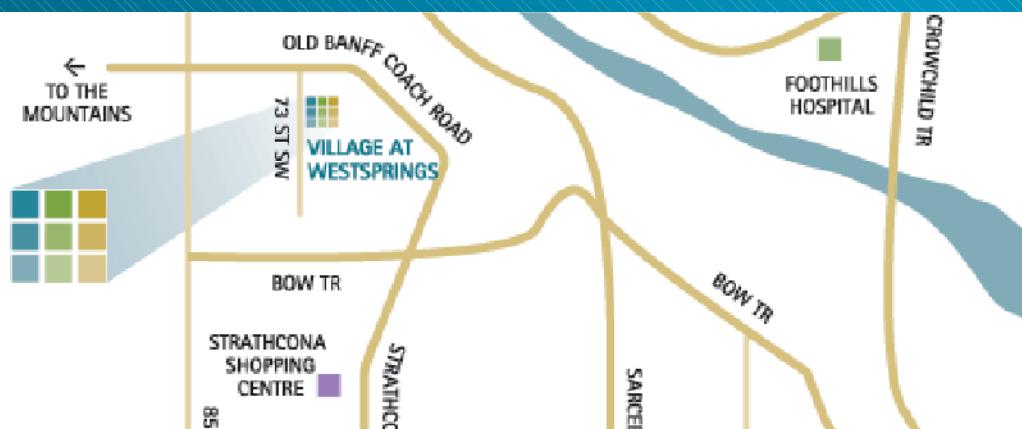
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Canadian Wines Win Worldwide Fame!

As little as 30 years ago, you probably wouldn't have found Canada's vine-growing regions in a Wine Atlas. Our country's earliest settlers brought grape vines from Europe and made increasingly sophisticated attempts at wine-making for 200 years. It wasn't until the early 1990s that Canada began to earn attention and acclaim on the world stage. It may have taken a while, but Canadian growers and producers are now calling upon a highly developed sense of what works best for vineyards in our colder climes. We've also seen the creation of the Vintner's Quality Alliance (VQA). Although flawed, this Canadian quality-controlled system should tell you something about an unopened bottle of wine.

Today, Canadian wine-makers have everything to be proud of. They are considered amongst the best in the world! When Canadian wines get attention, it's in a big way. Our icewines keep winning awards, worldwide, year after year. (It doesn't hurt that climate-change effects aren't as severe in Canada's growing regions than elsewhere.) Riesling and Pinot Blanc continue to claim the fame. Pinot Noir is a very difficult wine to produce well and we are one of a handful of countries that do it with distinction. It is also clear that Canada has the perfect climate and geography for high-quality sparkling wine. And let's not forget the production of our remarkable Cabernet Franc.

With only four of our provinces producing wines (British Columbia, Ontario, Quebec and Nova Scotia), Canada has a relatively small output - but we still produce a bottle suitable for any meal! Alberta beef tenderloin with a rosemary red wine reduction is a perfect match to Burrowing Owl Meritage Blend (\$55.99). Lailey Vineyard's unique Syrah (\$26.49) from Niagara River, aged partly in Canadian oak, releases aromas and flavors of cracked black pepper and charcuterie meats. Try it with venison sausages and various hard cheeses. For dessert, from Quebec, Domaine Pinnacle Ice Cider (\$29.99) paired with a rhubarb, pear and apple crumble. Am I making you hungry yet?

Well over 250 Canadian wineries produce fabulous wines. World-wide demand is always increasing and some producers and vintages can be quite hard to find. Stop into The Wine Shop and discover the brilliant Canadian wines in our inventory - from hidden treasures to the world-famous, we carry the best Canada has to offer.

We are located on 17th Avenue and 5th Street S.W. Please inquire anytime at 403-229-WINE or wineshop@thewineshop.ca



The Wine Shop at
17th Ave & 5th St. SW

The Wine Shop

Low in calories, fennel is a very good source of dietary fibre, vitamin C, folate, potassium and manganese; and a good source of niacin, calcium, iron, magnesium, phosphorus and copper. METRO NEWS SERVICES

Food

"Fennel's fronds should be fresh and green — avoid flowering ones as that indicates age."

BARB HOLLAND/FOR METRO CANADA

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Can't believe it's not celery

À la carte

Barb Holland

Metro Food Writer

Looking like a misshapen head of celery, fennel, sometimes labelled anise, has a mild and slightly sweet taste reminiscent of licorice.

The greener the fennel base, the stronger the flavour, however the flavour is muted when cooked. Use it raw like celery to toss in a salad or serve fennel sticks with a dip. It can be grilled, roasted, sautéed, braised or steamed.

Provençal Style Fish Chowder

This healthy yet hearty soup can be stirred up quickly. Save some of the feathery fronds as a garnish for both colour and a bit more fennel flavour. If fish is frozen, cut while frozen and increase cooking time a minute or two. Serve with crusty bread. Makes about 7 cups (1.75 L), 4 servings.



The greener the fennel base, the stronger the flavour.

INGREDIENTS:

- 1 small fennel bulb
- 1 tbsp (15 ml) olive oil
- 1 clove garlic, minced
- 19 oz (540 ml) can Italian seasoned stewed tomatoes
- 1-1/2 cups (375 ml) fish or chicken broth
- 1 tbsp (15 ml) Italian seasonings
- 1/2 tsp (2 ml) red pepper flakes, optional
- 1 lb (500 g) mild white fish (catfish, pollock, tilapia, cod, haddock), thawed if frozen, cut into 1 inch (2.5 cm) pieces
- Salt and pepper

METHOD:

Trim fennel by cutting off

the skinny stalks and fronds. Remove any dry or fibrous outer stalks of fennel base. Cut base into quarters, remove and discard core, then chop remaining fennel.

Heat oil in a large saucepan over medium heat. Add fennel and garlic and cook until fennel is softened, about 5 minutes. Stir in tomatoes (breaking up any large pieces), broth, seasonings and red pepper flakes. Bring to a boil over high heat. Stir in fish and cook until fish is cooked through, about 5 minutes.

To serve, garnish with chopped-up fennel tops

and season to taste with salt and pepper.

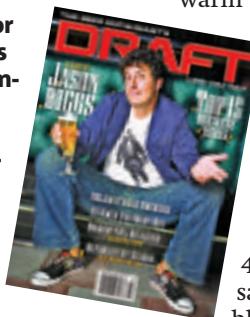
Tips:

- Storing: Fennel will keep in the refrigerator, in a perforated plastic bag for a few days.
- Cooking: Trim a little off the base, remove any dry or fibrous outer layers, skinny stalks and fronds. Wash remaining, cut and serve raw or cooked. Fennel browns after cutting so sprinkle with lemon juice if not using immediately.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Double German duty

Oktoberfest is here and the September/October issue of DRAFT — the magazine for beer enthusiasts — offers two simple recipes to turn any beer bash into an authentic German soiree:



Soft Pretzels with Honey Mustard Sauce

INGREDIENTS:

Soft Pretzels Ingredients:

- 1 package of active dry yeast
- 5 cups flour
- 1 1/3 cup warm water
- 1/8 cup warm water
- 1/3 cup brown sugar
- Water, baking soda
- Sea salt

Honey Mustard Dip

Ingredients:

- 5 ounces crème fraîche
- 3 tbsp. German honey
- 2 tbsp. German mustard
- Salt and sugar to taste

METHOD:

Soft Pretzels Directions:

Dissolve yeast in 1/8 cup warm water. Stir in 1 1/3 cups warm water, brown sugar and flour. Beat until smooth. Knead dough until smooth and elastic.

Heat oven to 475 degrees. In a saucepan, add 2 tablespoons baking soda to each cup of water. Use enough to fill the saucepan; bring to a boil. Tear off some dough and roll a pencil shape with your hands. Pick up both ends, cross to form rabbit ears and then twist the ends and pull them back to the rest of the loop.

Place twisted pretzels in water/baking soda mixture for 15 seconds until pretzel dough is golden or yellow in color. Remove pretzels from boiling water



Here's a great Oktoberfest snack and dessert.



and place onto a salted cookie sheet. Dust the top of pretzels with sea salt. Bake 8 to 10 minutes or until golden brown.

Honey Mustard Dip Directions:

Stir crème fraîche, honey and mustard until creamy. Add sugar and salt to taste.

Cherry, Quark and Pumpernickel Trifle

INGREDIENTS:

- 1 large jar German cherries in juice
- 2 slices German pumpernickel
- 2 250-gram tubs quark (German yogurt cheese available at specialty food stores)
- 2/3 cup milk

• 2 ounces German dark chocolate

- 3 tbsp. sugar
- 1 tsp. vanilla extract

METHOD:

Beat together quark, milk, vanilla and sugar until smooth. Using a food processor, reduce the pumpernickel to fine crumbs. Finely grate the chocolate and mix with the pumpernickel crumbs.

Drain cherries. Make layers in 6 wine glasses: Place cherries at the bottom, top with a spoonful of quark, then scatter a spoonful of pumpernickel. Repeat layers, finishing with a quark layer. Top with cherries and pumpernickel crumbs. Chill overnight.

Queen's dressmaker to appoint administrator

Hardy Amies, the fashion house that dressed Britain's Queen Elizabeth for more than 30 years, plans to file for administration after failing to find new sources of funding, though it added that talks continue. **REUTERS**

Style



The appeal of fig

Loyal Marc Jacobs consumers should check out his newest limited edition eau de toilette for men called Marc Jacobs Fig. Encompassing some of the core notes of his original fragrances, this 300 ml tonic offers a refreshing, lighter formula. Top notes include fresh yuzu zest and Tuscan cypress while the heart of it reveals the warm richness of the delicate fruit it's named after. Available at Holt Renfrew stores across Canada, \$60.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Cape couture for fall

Style File
Kim Elbo


kim.elbo@metronews.ca

ask kim

I bought a leather handbag from a vintage store and it has a distinctive odour to it that I want to get rid of. I love the bag and its design. What can I do to get rid of the smell?

Try dampening a cloth with vinegar and wipe the inside and outside of your bag with the cloth or submerge the bag into a solution of warm water and baking soda. Both of these methods should completely eliminate the unwanted odour. — [about.com](#)



Buttoned
Designer: Costa Blanca
Shop: Costa Blanca
Address: Various locations
[costablanca.ca](#)

Draped
Designer: n/a
Shop: Aritzia
Address: Various locations
[aritzia.com](#)

Hooded
Designer: Kersch
Shop: Fine Finds
[finefindsboutique.com](#)

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

cape town

Throw on a knitted cape for a chic casual look. This is one major accessory staple that should be added to your fall wardrobe collection. If you like the cape look for off-season, I'd suggest purchasing a light neutral colour that can take you from fall into spring. The Aritzia cape is perfect for this as it's a light knit and it's cropped. Tip: Try to strictly wear your cape with a pant; anything else, like an a-line skirt, runs the risk of turning your outfit into a funny-looking two-tiered dress.

accessory

One of the best necklaces I have seen this fall. Pair with a simple navy dress or a white T-shirt. Designed by Alexis Bittar. Available at Blue Ruby, [blueruby.com](#)



tip: Paid a small fortune for that designer bag you're carrying? Well if you get caught in a downpour it's going to get wet, so cover it up with Rain Couture. Rain Couture is a collection of small waterproof bags that help protect your purse from the rain. — [crazyforthat.com](#)

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TOP 20 GUIDE

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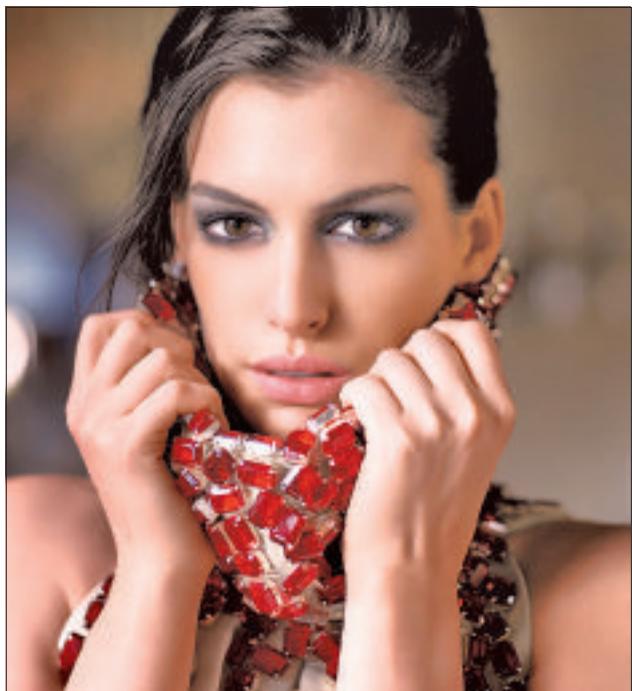
Style

Only in ELLE Canada's November issue, our experts pick the top 25 beauty steals!

STYLE CONTENT BY ELLE CANADA

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ellecanada.com



Dreamboat Anne

Anne Hathaway on her hot new role

By Noreen Flanagan
Executive Editor

Anne Hathaway fell madly in love during the filming of her latest movie, *Rachel Getting Married*. From the moment they met, it was an emotional, almost-primal attraction, she says; when the relationship came to an end, it was crushing. "It was hard to let her go," explains Hathaway. "I found myself holding on to her and crying if I went a day without

considering how Kym would feel about something — I love her so much."

The star of *The Devil Wears Prada* and *Get Smart* hadn't embarked on a gal-pal union like Samantha Ronson and Lindsay Lohan. The woman who captivated Hathaway's heart was the character she plays in Jonathan Demme's latest drama about a profoundly troubled family. Unresolved issues come to a head as they gather for the weekend to celebrate daughter Rachel's wedding. The spark

behind the tension is Rachel's sister, Kym, a recovering addict on a weekend pass from rehab.

"You won't always like what Kym says, but she always has a point and she's always honest," says Hathaway. "I had so much fun being as free as her. I realized that I was limiting my quality of life by trying to decide what people should like about me. Life is so much better when you take the pressure off yourself and start being whoever the hell you are."

DREAM GIRLS

THE LATEST PILLOW MISTS ARE BEAUTY SLEEP IN A BOTTLE.

CHEAT SHEET Nella Arangio, certified aromatherapist and spa development specialist for Aveda, on the benefits of pillow mists: **1** Use a pillow mist just before bed. Inhaling its aroma sends chemical messages to the bloodstream, activating hormones and endorphins. **2** Choose a mist made of pure essential oils. Grapefruit and rosemary help ease insomnia. **3** Spray the mist on a facial tissue and pop it inside your pillowcase, for a burst of scent.



BLUE MOOD

The new cool colour in dressing

Resin bracelets,
Cleopatra Accessories
(\$6 and \$10 each,
acceleopatre@
hotmail.com)



Cuffed suede booties, Colcci (\$176, ponyride.ca)



Satin top, Samsee & Samsee (\$176, ponyride.ca)



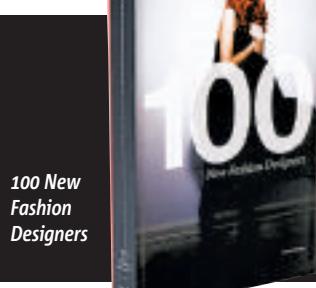
STUDIO ANDRÉ DOYON

BROWN BAGGING IT

Put away that sorry supermarket shopper and stash pre-holiday scores in a trim Brave Brown Bag instead. Canada's original eco-stylish tote, created more than a decade ago, is still proudly made in Canada, it now comes in several styles and a variety of colours, stripes and patterns (1-888-519-9992, bravebrownbag.com).



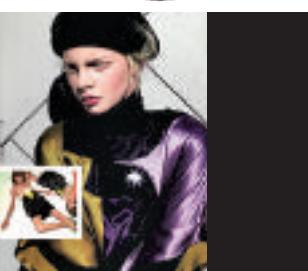
Brave Brown Bag
(from \$90)



100 New
Fashion
Designers

HOT BOOK: 100 NEW FASHION DESIGNERS

Writer Hywel Davies knows the fashion business from the inside seams: He's worked as a stylist, a writer and an editor for magazines and online fashion sites. Following *Modern Menswear*, his first book, **100 New Fashion Designers** is a reference for the future. In this highly illustrated volume, he defines the key fashion institutions and international centres for nurturing new talent and showcases radical new designers and innovators, including Duckie Brown, Aitor Throup and Canadian Rad Hourani.



ELLE
CANADA

Stressed, exhausted, toxic? ELLE Canada's November issue has five superdiets to the rescue!

www.ellecanada.com



EDITORS' PICK

OLFACtORY GIRL

Best known for her sophisticated bespoke perfumes, fragrance creator Susanne Langmuir is launching Sula, an ingénue-worthy bath and beauty line. The youthful collection — outfitted in pretty packaging — features a handful of pastel nail polishes, pocket-size lip balms and girlie scents with notes like pink champagne and cotton candy.





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† To receive \$25 bonus Duetto Dollars, your application must be received and approved by Royal Bank of Canada. After your first Visa purchase, please allow 4–6 weeks for your \$25 Duetto Dollars to appear on your Starbucks Card account. Existing Starbucks Duetto Visa cardholders are not eligible for this offer. This offer may not be used or combined with any other offer.

The CW is developing a one-hour drama based on the pre-Robin days of Batman's sidekick. The Graysons will explore Dick (DJ) Grayson's youth and adolescence in the same vein Smallville does for Clark Kent. TVGUIDE.COM

Entertainment

Back to Black



Actor Jack Black is reuniting with the writers of animation film *Kung Fu Panda*, Jonathan Aibel and Glenn Berger, for an untitled live-action comedy, according to a report. BBC NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Stone 'delegates' parenting: Judge

PEOPLE

Sharon Stone has so overreacted to her eight-year-old son's health issues that she suggested he get a Stone Botox treatment for his smelly feet, according to the judge in the actress's custody case.



The judge also said Stone "delegates many of her parenting responsibilities to third parties" and has "simply refused" to participate in counselling, People.com reports.

"Such conduct on the part of any parent ... is unacceptable and does not serve the child's best interest," the judge writes in the document, which is a tentative statement on Stone's motion to modify custody. **METRO NEWS SERVICES**

Drunk sidekick steals film

RICK McGINNIS
Metro Canada



While the title characters played by Michael Cera and Kat Dennings are the stars of Nick and Nora's Infinite Playlist, audiences leaving the Toronto International Film Festival screenings of the film were unanimous that Ari Graynor almost stole the film from them in every scene she played as Caroline, Norah's best friend, who spent the majority of her screen time ruinously drunk over the course of a long New York night.

It helped that she was handed several indelible scenes, one of which — Graynor's Caroline hunched over a filthy toilet in the Port Authority

Bus Terminal, retrieving a piece of chewed gum that's a cross between her talisman and security blanket — will become her clip reel highlight if she rides this sudden flare of notoriety into a bigger career.

Nick and Norah director Peter Sollett gives her credit for fleshing out the character of Caroline on the spot during the film's location shoot, and describes one loopy but wildly endearing scene Graynor plays with character actor Kevin Corrigan.

"She's tremendous, and I think people are going to fall in love with her, and she's an incredible improvisational actress."

"I have a lot of love for Caroline," Graynor insists, "and I don't have a lot of



Ari Graynor, centre, stars with Michael Cera and Kat Dennings in *Nick and Nora's Infinite Playlist*.

judgment for her because it's a night and a situation that everyone has found themselves in at some point. It's not like I think

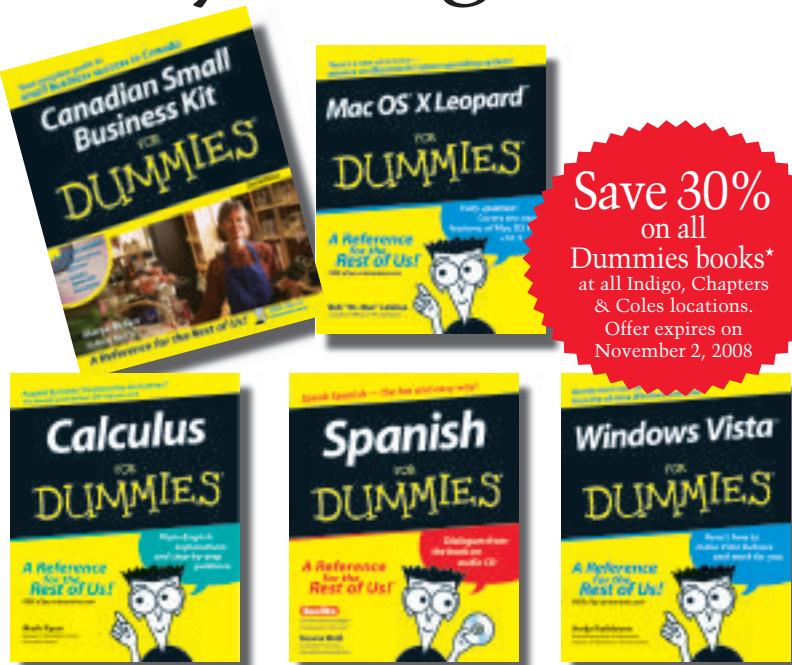
someone should get wasted and throw up and have a disgusting night, but I also think that it's a rite of passage.

"I think that she's smart and she loves her friends and she's insecure and needy and I think she's like everybody else."

"Aside from my own few college experiences to draw on," Graynor recalls, describing how she prepared for the role, "I actually got a little method-y and I had my boyfriend and friend videotape me getting drunk before we started shooting ... I wanted to have as many levels as you can. I know it sounds ridiculous but ... it's the big comedic moment so you've got to go for it ... But to try and keep it grounded, I wanted to see how ridiculous I was when drunk, and frankly ... I'm pretty ridiculous."

Nick and Nora's Infinite Playlist opens tomorrow.

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T.I. tears up Paper Trail

T.I.

Album: *Paper Trail*
Label: Grand Hustle/Warner
Rating: **●●●**



CLIFFORD HAR- RIS (T.I.) has packed a lot of trouble and contradictions into his 28 years. Alimony troubles, drugs charges, weapons charges, assault charges ... and yet he's also done his share of charity work (not all of it court ordered). He's a warts-and-all type of guy, and it shows on *Paper Trail*. T.I. dishes openly about his life, which also includes its share of sex and party jams. Several tracks shine: My Life Your Entertainment with Usher is a perceptive analysis of celebrity. Swagga Like Us with Jay-Z, Kanye West, Lil Wayne and an M.I.A. sample is menacing and mesmerizing.

Jim Reyno/Metro Canada



T.I. dishes openly about his troubled life on *Paper Trail*.

AlbumReviews

music@metronews.ca

James Morrison

Album: *Songs For You, Truths For Me*
Label: Interscope /Polydor/Universal
Rating: **●●●**



Dumped, then here's what you'd call nearly an entire album for the dumped. North Carolina's own Elton John returns with all the exuberance of his days with the aforementioned trio, delivering his relationship-gone-south fare in either cinematic, bittersweet or raw-and-direct fashion. Balanced with wacky odes to a concert head injury and a beloved pooch, this is the sound of Ben Folds succeeding in returning to normal.

Ian Nathanson/for Metro Canada

Ben Folds

Album: *Way To Normal*
Label: Epic/Sony BMG
Rating: **●●●●**



IF YOU RE- MEMBER the Ben Folds Five '97 ditty Song For the

Read reviews of albums from 54.40, Robin Thicke, Jenny Lewis and James Taylor at metronews.ca

THE KIDS ARE rediscovering the sound of Stevie Wonder, which is probably a good thing. It certainly saves Morrison's CD from being tossed on a heap entitled "This Year's James Blunt." So the Britpop cutie pie funks it up on a dozen original tracks with a bunch of hired co-writers. If you want to try something closer to the real thing, try a new CD by Raphael Saadiq, *The Way I See It*. Graham Rockingham/for Metro Canada

**24 just on TV for now, Sutherland says**

Actor Kiefer Sutherland fears fans of his TV series *24* will have to wait several years for a big-screen adaptation of the hit show. He admits a movie version of the series won't get the green light until the TV show has been wrapped up. [IMDB.COM](#)

Partridges to return

COME ON GET HAPPY: As if a looming recession and an energy crisis weren't enough, TV is hell-bent on bringing back the '70s with its worst prime-time lineup in decades, and now there's this little shudder-inducing harbinger of things to come — the Partridge Family is coming back.

According to the Hollywood Reporter, NBC has signed on for a remake of the sitcom that ran on ABC from 1970 to 1974, to be written by Jeff Rake, of *Cashmere Mafia*, *Bones* and *Boston Legal* fame. Rake calls himself a fan of the original show, but told Oliver the Reporter he intends to "turn the premise on its head."

"In the original, the kids actually recruited their mom to front the band, which I can't see happening in any family on this planet," Take said. "The new version will reflect what seems to me to be the more realistic family band scenario these days: a struggling, sort of well-meaning mom pimping her kids in order to create a whole-

**IntelleVision**

Rick McGinnis

rick.mcginnis@metronews.ca

some-slash-sexy cash cow."

Sounds edifying. I've been down this road once before, kids, and it only leads to a herpes epidemic and power ballads. Stop the madness now.

TV DINNER: The Food Network has an unusually strong slate of new shows this fall, and the best aren't necessarily helmed by blue-chip celebrity chefs.

Their daytime programming has been livened up by the premiere today of *Everyday Exotic*, starring Toronto chef Roger Mooking. You might remember Mooking as one third of *Bass Is Base*, the late '90s dance combo, and he hosts the show with an ingratiating energy that will hopefully relax a bit with time.

Daytime cooking shows

are a lot more mundane than their prime-time counterparts — there's a lot less flash and drama, and a lot more chopping and sautéing.

Mooking does a lot more than just tell distracted housewives and househusbands how to spice up their vodka penne, and in addition to showing off some impressive knife skills, he actually features a few really useful techniques and ingredients.

Jamie Oliver isn't as overexposed as Gordon Ramsay over here mostly because he's not on network prime-time, but he's adding another addition to his capacious TV brand with Jamie's Kitchen Australia, which follows Oliver — at a considerable distance — as he launches another one of his Fifteen restaurants staffed with marginalized kids in Melbourne. As with the previous incarnation, there's a little bit of cooking and a lot of despairing over the sorry state of youth.

Rick McGinnis writes about music, movies, books and television, but not opera.

Phish reuniting for March shows

MUSIC The hints came in various formats, but it's now official. After more than four years, Phish, the Vermont-born quartet with a loyal fan following, will return to the concert stage this March in Virginia.

The band confirmed yesterday on its website the reunion concerts this coming March 6, 7, and 8 in Hampton, Va., and posted a page addressing what is expected to be strong demand for tickets.

Phish built its reputation in the 1990s mostly for its live shows jamming in a free-form style of rock 'n' roll often compared to the Grateful Dead, which also enjoyed a strong cult-following over its history dating back to the 1960s.

REUTERS

In brief

FAREWELL Paul Newman was cremated after a private funeral service near his home in Westport, Conn., on Monday, femalefirst.co.uk reports. The late actor's friends and family congregated in the town to mourn and celebrate his life, before heading to a reception at The Dressing Room, the restaurant Newman owned. Newman died Friday, at age 83. **METRO NEWS SERVICES**

Band naming made easy

SlickCity

Heather Setka

slickcity@metronews.ca

4) Go for The ... Somethings. It's worked for generations (ie., The Beatles, the Breeders), and it's working for The Trophy Wives, The Sublinguals and The Exploding Pigs. Well, at least they're on Friday's Broken City (613-11th Ave. S.W.) bill.

5) "Noting derogatory," says Doug Charters, Pistol Noon guitarist. His band's name was thieved from a western flick; there's a tavern sign proclaiming "Drink 'til 2, Pistol Noon." "I don't have an opinion on (this name) anymore, because it's like my left arm now," Charters says.

Unless you're catching Pistol Noon at the Riverstone Pub on Northmount Dr. this weekend, forget those 18 beers. Charters offers this sobering advice. "Any name you come up with, if the band does well, you're going to be stuck with it for a long time."

Wonder what Nickelback would say about that.

Jam up Metro's inbox by emailing us at slickcity@metronews.ca

critics' corner**Ugly Betty**

Wilhelmina (Vanessa Williams), prepping her first issue of the magazine as editor, tries to lure Betty (America Ferrera) over to the dark side by offering her a job at Mode as her assistant. Daniel (Eric Mabius) discovers he faces a custody battle if he wants to keep Daniel Jr. (Julian de la Celle) in the U.S., and Hilda's (Ana Ortiz) illicit romance with Coach Diaz (Eddie Cibrian) heats up in the new episode "Filing For the Enemy." 9 PM on CKAL KXLY

**My Name Is Earl**

In this new episode, Earl's (Jason Lee) attempt to give Joy (Jaime Pressly) a hot tub backfires when she gets a flesh-eating toe infection, and she's forced to stay in a makeshift plastic bubble. To keep order in their world, Earl fills in as the new Joy while she is out of commission. That means gossiping with the girls at the hair salon and shopping for meat out of some guy's trunk. Yeah, that seems about right. 9 PM on KHQ

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
267 351 - ACCESS	Help TV			America's Next Top Model (N)		Hole in the Wall		To Be Announced		Help TV	
243 317 3 CFCN	Political Debate (Live)					CSI: Crime Scene Invstgn.		Law & Order		News (N)	
- - 4 BROAD	(4) Broadcast News News.		Broadcast News News.								
- 371 5 KXLY	Vice Presidential Debate (HDTV) (Live)			VP Analysis	Ugly Betty (N)	Entertainment	The Insider (N)	News			
245 306 6 CBRT	Political Debate (HDTV) (Live)				Coronation St. Jeopardy! (N)	CBC News: The National	The Hour				
244 338 7 CICT	Political Debate (Live)				Survivor: Gabon (N)	The Office	The Office	News Hour			
246 - 8 CKAL	Law & Order: SVU		Glam God With Vivica A. Fox		Ugly Betty (N)	Friends	Friends	Your City			
119 705 9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie (N) C.A. (N) (SC)	Le Téléjournal (N) (SC)		TJ Alberta			
- - 10 SHAW	(6) Local Programming					Local Programming					
- 372 12 KREM	Vice Presidential Debate (Live)				Survivor: Gabon (HDTV)	CSI: Miami (HDTV)	Paid Program				
- 374 14 KSPS	Vice Presidential Debate (HDTV) (Live)				Sherlock Holmes Mysteries	Globe Trekker (DVS)	Soundstage				
502 390 15 CBC	(6:45) CBC News Special "Election 2008: English Debate" (Live)					CBC News: The National	CBC News Sp.				
- 370 16 KHQ	Vice Presidential Debate (Live)				Name Is Earl	Name Is Earl	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune		
- 373 22 KAYU	Vice Presidential Debate (Live)				Political Special	Hole in the Wall (N)		Two/Half Men	News (N)		
297 652 37 WPIX	Supernatural (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim		
500 500 29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360		
508 502 31 CNN2	Glen Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace		
400 400 21 TSN	Boxing: Mayorga vs. Mosley		SportsCentre (HDTV) (Live)			Off the Record	Score Golf Television Sp.	NFL Films			
408 418 27 net	MLB Baseball: Division Series		MLB Baseball Division Series -- Teams TBA. (Live)					Sportsnet Con.			
410 403 30 SCORE	College Football Pittsburgh at South Florida.		Score Tonight	Hardcore Hockey Talk		Poker -- Learn From the Pros		Sports Rage			
411 457 44 OLN	Survivorman		Pilot Guides	Odyssey	Pilot Guides "Scotland"	Don't Forget Your Passport		Commando			
417 406 48 SPED	Pinks -- All Out (HDTV) (N)		Wrecked (N)	Wrecked	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out		
552 543 20 YTV	Drake & Josh	iCarly	H2O, Just Add Prank Patrol	Malcolm-Mid. Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.				
557 541 39 FAM	Zoey 101	Life Derek Wizards-Place	That's-Raven Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School				
555 545 67 TOON	World of Quest	Johnny Test	George-Jungle Bugs Bunny & Tweety Show	6teen	Total Drama	Futurama	The Critic (N)				
575 583 11 CMT	(6) Karaoke Star "Finale"		Gone Country	Karaoke Star "Finale"				Gone Country			
553 546 17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!			
- - 18 CHTV	The Insider (N)	E! News	Name Is Earl	Name Is Earl	Whispers and Lies (2008, Suspense)	Melissa Joan Hart.		News (N)			
505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two						
602 568 23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design House	Confidential	Save Us-House	Open House			
521 560 24 TLC	American Chopper		Street Customs (HDTV)	American Chopper		Street Customs (HDTV)		Overhaulin'			
603 561 25 FOOD	Unwrapped	Secret Life of Jamie's Kitchen Australia (N)		Restaurant Makeover		Challenge		Unwrapped			
615 520 26 A&E	The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360 "Killing Field"	The First 48 (HDTV)		The First 48			
617 522 32 SHOW	Spaced		Painkiller Jane		ReGenesis (HDTV)	Trailer Park	Trailer Park	Saving Grace			
601 562 33 SLICE	Last 10	Bulging Brides	The Biggest Loser		Rich Bride, Poor Bride	Last 10	Bulging Brides	Biggest Loser			
- 633 34 ENC2	Keep in Family	(7:25) A Kiss Before Dying ★★ (1991)			Disclosure ★★★ (1994, Suspense)	Michael Douglas.		Malicious ★			
520 505 35 DISC	In the Shadow of the Moon	MythBusters			Daily Planet	Monster Moves		Shadow-Moon			
620 523 36 BRAVO	Ham & Cheese ★ (2004, Comedy)		Bravonews	Law & Order "Illegal"		Without a Trace		Blame-Rio			
294 650 40 WPCH	Bridget Jones: Edge	Family Guy	Family Guy	Bridget Jones: The Edge of Reason ★★ (2004)				Friends			
626 547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP			
- 539 42 TCM	Boomerang!	(7:45) He Walked by Night ★★★ (1948)						Brute Force			
628 584 43 SPIKE	TNA IMPACT! (N)				The Ultimate Fighter (HDTV)	Married... With	Married... With				
522 516 45 HIST	The Perfect Weapon		NCIS "Trojan Horse"		Lost Worlds	The Perfect Weapon		NCIS			
627 528 46 SPACE	Battlestar Galactica		Chuck		Stargate SG-1 (DVS)	Lost "Outlaws"		Deep Space 9			
- - 47 AMC	(6) Star Trek: Nemesis ★★ (2002)				King Kong ★★ (1976, Fantasy)	Jeff Bridges, Jessica Lange, Charles Grodin.					
619 525 49 TROP	Make or Break	Naked Fashion	Beverly Hills, 90210		Mike Duffy Live			Seinfeld			
600 564 50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes			The Fix	Disaster DIY	Home to Flip	
501 391 52 CTV	Political Debate (Live)					News	CTV Newsnet	News			
504 508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play		
526 507 92 CLT	(6) Isaac Littlefeathers		Mysterious Ways		J						



Superman house saved
Superman fans have succeeded in their bid to rebuild the house where the legendary character was first created by Jerry Siegel in Cleveland, Ohio. [IMDB.COM](#)

Celebrity Buzz

DiCaprio wants to wed

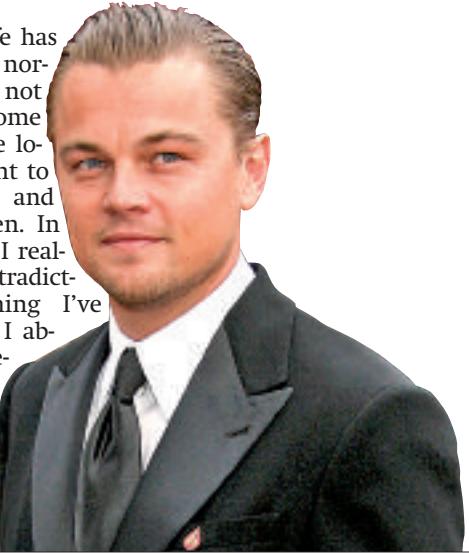
RELATIONSHIPS Actor Leonardo DiCaprio wants to get married because he is keen to live a normal life, [imdb.com](#) reports.

The 33-year-old star is reportedly sick of travelling the world and living on movie sets, and confesses he would like to settle down and start a family to make him feel more grounded.

"What I definitely feel a need for is to make my life about more than just my career," he tells Parade magazine. "Just last night I was thinking to myself how lit-

tle of my life has been lived normally and not spent on some far-off movie location. I want to get married and have children. In saying that, I realize I am contradicting everything I've said before. I absolutely believe in marriage."

METRO
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GETTY IMAGES PHOTOS

Richie on the road again



LEGAL Socialite Nicole Richie is back behind the wheel a year after she was convicted of driving under the influence (DUI), [imdb.com](#) reports.

The former Simple Life star's license was officially changed from suspended to restricted on Sept. 19, according to Los Angeles De-

partment of Motor Vehicles records.

Richie served 82 minutes behind bars and had to undertake an 18-month anti-DUI course after she was caught driving the wrong way down a freeway ramp road.

As a restricted licence holder, Richie can now use her car for work-related activities.

METRO NEWS
SERVICES

Fox is officially a fox

POLL It's official: Megan Fox is hot, [intouchweekly.com](#) reports.

The actress tops Movieone's list of the 25 Hottest Actors Under 25.

"I honestly believe that Megan is here to stay," her director for the upcoming film How to Lose Friends & Alienate People, Robert Weide, said.

"She'll constantly surprise people by her range. Anyone who thinks she's

just a pretty face is going to be surprised in the same way they were when Michelle Pfeiffer proved she really was an actress."

Other young stars making the list include Fox's Transformers co-star Shia LaBeouf, Michael Cera, Dakota Fanning, Emma Watson, Zac Efron, Miley Cyrus, Blake Lively and Keira Knightley.

METRO NEWS SERVICES



Crowe bulks up for role

FILM Russell Crowe has revealed that he packed on 63 extra pounds for his role in Ridley Scott's new suspense thriller Body of Lies, [People.com](#) reports.

The actor says bulking up was a pleasure.

"I'll have that cheeseburger for breakfast, thank you!" he jokes of his attitude toward the weight gain.

Though Crowe has been known in the past for his affinity to his na-

tive Australian VB beer, he says he avoided drinking as a way of gaining weight because of his boys, Charlie, 4, and Tennyson, 2. "The drinking thing has sort of taken a different place in my life since I had kids," Crowe says.

"There are a whole lot of things I don't do anymore because it affects my level of patience. I don't want to be in that place where I'm exasperated with these beautiful children."

METRO NEWS
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Celebrity brief

Paris changes her flight plans

GOSSIP Paris Hilton has vowed never to set foot on another Learjet aircraft after her pals Travis Barker and Adam "DJ AM" Goldstein almost lost their lives in a plane crash last month, [imdb.com](#) reports.

The socialite admits she occasionally flies to Las Vegas in the same type of plane Barker and Goldstein were on board when it failed to clear an airport runway in South Carolina on Sept. 19.

"I couldn't believe it," she says.

"I'm scared to go on small airplanes now."

METRO
NEWS
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Big changes at the Wahlbergs

GOSSIP Mark Wahlberg and his fiancée Rhea Durham have named their newborn baby son Brendan Joseph, [imdb.com](#) reports. The baby was born on Sept. 16 and joins siblings Ella Rae, 5, and Michael, 2.

America's Life + Style magazine has just revealed the family is moving. Wahlberg has put his Beverly Hills home on the market for \$15.9 million US — more than \$10 million more than the price he paid for the property.

METRO
NEWS
SERVICES



Dita blasts nip and no-tell celebrities

GOSSIP Dita Von Teese has blasted celebrities who don't admit to having plastic surgery, [femalefirst.co.uk](#) reports.

The burlesque dancer, who previously admitted she had her breasts cosmetically enhanced when she was younger, says any famous person who has gone under the surgeon's knife should have the courage to be open about their decision.

"It's no secret that I had

my breasts done," she says. "I will never apologize for having it done. I just wish more celebrities admitted to it."

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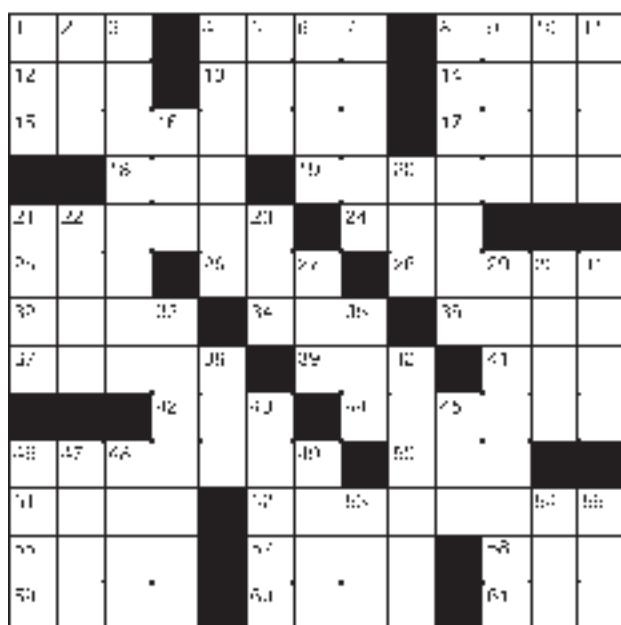
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Take Five



Crossword across

1 "Angela's Ashes" sequel
4 Spencer of "The Insider"
8 Junk e-mail
12 Commotion
13 Rainbow
14 Radius neighbor
15 Video-game controller
17 Night light?
18 Perch
19 Scopolamine source
21 Put one over

on
24 Coloring agent
25 Cassowary look-alike
26 Wardrobe malfunction
28 Plotters' group
32 Rocking Jagger
34 Awkward guy
36 Oliver Twist's request
37 Trusty horse
39 "— the Dog"
41 Favorable vote
42 Take to court
44 Powerful star-

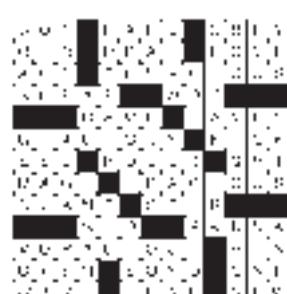
like object
46 Subterfuge
50 Biz letterhead abbr.
51 Perjurer
52 Buzz
Lightyear's movie
56 Land measure
57 Curved molding
58 Guitar's kin
59 Holler
60 Defeat
61 Heavy weight

Crossword down

1 — Mahal
2 Altar affirmative
3 Chinese food condiment
4 Type of bug?
5 Jackie's second hubby
6 Affluent
7 Requested
8 Ray from Ra?
9 "Not guilty," e.g.
10 Uncredited in "Bartlett's"
11 Lion's pride
16 Pack quantity
20 Big Apple letters
21 Fixes a skirt
22 Leave out
23 God, in Italian
27 Manhandle

29 Merit-badge earner
30 Vicinity
31 Mad Shakespearean king
33 Variety of falcon
35 Website info format
38 Payable
40 Masks
43 Praise to the skies
45 Pismire
46 Stage show
47 Houston university
48 Count counterpart
49 African republic
53 "Certainly"
54 Old movie-house letters
55 Longing

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	6	3	8	2	9	4	1
1	3	2	5	9	4	6	8	7
4	8	9	1	6	7	3	2	5
7	2	8	9	3	1	4	5	6
9	1	5	6	4	8	2	7	3
3	6	4	2	7	5	1	9	8
8	9	1	4	5	6	7	3	2
6	4	7	8	2	3	5	1	9
2	5	3	7	1	9	8	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min Genius
13-17 min Scholar

17-21 min Smart
21-25 min Not bad
25+ min Keep practising

minutes. Stir in potatoes and scallions and continue cooking for 2 minutes.

3. Beat egg whites and whole eggs in a large bowl, season lightly with salt and pepper, and mix in spinach. With a slotted spoon, remove vegetables from skillet and add to egg mixture, leaving remaining oil in the pan. Stir egg and vegetables briefly to mix, then pour into skillet. Cover and cook, without stirring, until omelette is almost set but still a little soft on top, about 6 minutes. Preheat broiler.

4. Dust frittata with Parmesan and place under broiler. Cook until browned and puffed around edges, 3 to 4 minutes. Cut into quarters or wedges and serve.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		8			1		
2		9						5
	8		7	3				6
	7		4	2				9
3		7	1		2			
6		4	5		9			
8			6					1
	9		8		7			

Horoscopes

ARIES

MARCH 21-APRIL 20



A rebel spirit is essential to your needs. An honest person will find a balance. Something exciting will happen.

LIBRA

SEPT 23-OCT 23



An unusual event can become enjoyable. A whiner wants to use you for sympathy. Pride causes someone to have a bad day.

TAURUS

APRIL 21-MAY 21



A magnetic person becomes a casualty of love. An idle chatterer accomplishes more than a feisty debater. Someone plays the fool.

SCORPIO

OCT 24-NOV 21



Practice what you preach. A regrettable mistake follows a warning of danger. Come up with entertaining ideas for the weekend.

GEMINI

MAY 22-JUNE 21



You can play mind games in the right place. Your tyrannical side is a surprise to others. An injured party threatens to make a deal.

SAGITTARIUS

NOV 23-DEC 21



A daydreamer has some brilliant ideas. Open your mind to unthinkable solutions. Toss aside your superstitions about good luck.

CANCER

JUNE 22-JULY 22



A secret reward raises your spirits. A lover's chat becomes a scandal. Don't be heartless about a significant event.

CAPRICORN

DEC 22-JAN 20



You'll get bogged down in endless blunders. Meet with people who can help you. You'll cast a suspicious glance at the stock market.

LEO

JULY 23-AUG 23



Play nice with a wounded woman. An awesome stranger will come to your rescue. A clumsy girl is standing on shaky ground.

AQUARIUS

JAN 21-FEB 18



Good fun with your friends is exactly what you need. Give the impression that you control your life. Compassion leads to improvements.

VIRGO

AUG 24-SEPT 22



A disagreement is dissipated by timely laughter. A friend contributes to problem solving. The chance of a lifetime comes from a hard-working woman.

PISCES

FEB 19-MARCH 20



You'll be trusted with a secret. It's not a good idea to bore anyone. Don't take troubled times personally.

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This day in history

OCT. 2, 1535: Jacques Cartier discovers Montreal, Quebec.
OCT. 2, 1789: George Washington transmits the proposed Constitutional amendments (The United States Bill of Rights) to the States for ratification.
OCT. 2, 1924: The Geneva Protocol is adopted as a means to strengthen the League of Nations.
OCT. 2, 1950: Peanuts by Charles M. Schulz first published.
OCT. 2, 1967: Thurgood Marshall is sworn in as the first African-American justice of United States Supreme Court.
OCT. 2, 2001: NATO backs U.S. military strikes, following 9/11.

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